



בס"ד

A person who hits his fellow and causes him pain commits a עבירה "לחבירו" אדם "בין אדם".
A person who lifts his hand in anger, even though he does not strike the other person, commits an עבירה "בין אדם למקום" by distorting the very purpose for which the hand was created.
Let us therefore use our hands - and all our limbs - to carry out 'ה's will and serve Him. For that is the true purpose for which man was created.

ticipants. Thank you Mrs. Stevens for running and sponsoring this program.

Talmidos from grades 1-6 received their Tehillim Quota cards. Please check your daughter's card before Shabbos. This way, you can modify her Tehillim quota if you need to do so. This can be done by logging into your Tzivos Hashem parent account. **Let's increase our quotas to help our brothers and sisters in Eretz Yisroel and bring Moshiach NOW!!!**

Every Talmida from **grades 1-6** CAN say Tehillim and will receive their CANs once we receive the quota papers.

Grades 7&8 received a special card (see on the right). All the details are on it. Please complete the card and bring it back on Monday to receive your prize and enter the appropriate raffles.

Thank you to Mr. and Mrs. Stevens for sponsoring all the Shabbos Mevorchim prizes for the month of Shevat!

Upcoming special events:

We are getting ready for שבט '1! Planning is in full swing and we will follow our BCM tradition in making sure that each day is remembered appropriately. We will be learning באתי לגני and we will have a special Mivtza to strengthen our התקשרות to the Rebbe in honour of 'שבט. We already have our first sponsor. Thank you to an anonymous sponsor who reached out and already donated generously.

If you'd like to partner with us and be part of something grand, please reach out to rabbi-vidal@bcmschool.ca. Any amount is appreciated.

Chidon test:

Grades 4-8: You have 3 days until the 2nd Chidon test. The test will take place IYH this Monday כ"ט טבת/January 8th. Utilize this time to study and do Chazzara on the units that your grade will be tested on. Wishing you much Hatzlacha!

Grade 8 Shabbaton:

The 8th graders will be going on their annual Shabbaton this Shabbos IYH! Lots of Achdus and leadership talents were displayed while planning this Shabbaton, keep it up Talmidos! A big thank you to Mrs. Lavner for planning this with the students and ensuring that every last detail was taken care of so the students can have a fun and uplifting Shabbos Begasmilus and Ruchniyus! Yasher Koach to the hosts Rabbi and Mrs., Levi Gansburg for opening up your Chabad House and welcoming our Talmidos. Thank you to all the parents for your contributions and to our Bais Chomesh 12th graders who will be the chaperones.

Grades 7&8 Shabbos Mevorchim card

SHABBOS MEVORCHIM
SHVAT
Bring this paper back on Monday!

Over Shabbos I said: _____ Kapitelach:	I spent _____ minutes saying Tehilleim over Shabbos
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If you **said at least 30 Kapitelach** or spent at **least 45 minutes saying Tehilleim** over Shabbos, hand in this paper for a donut!



If you doubled that quota and said either **60 Kapitelach** or spent **an hour and a half saying Tehilleim** over Shabbos, you will be entered into a raffle for a gift card to SIPS!



Name: _____ Grade: _____

Grade 1

It has been a very exciting week in Grade One! We are at the very end of the Alphabet with only one more letter to learn. We cannot wait until next week when we will celebrate our accomplishments. This week we enjoyed baking zebra cookies for the letter Z. They were so delicious. We also continued on with our unit on the four Seasons and did a very exciting science experiment making snow. That was fun! Looking forward to a fantastic next week. Mrs. Landa



Grade 2

We learned our first Rashi inside the Chumash!!!! The girls are doing a great job at recognizing the Rashi letters! Mrs. Rosenfeld

Grade 3

We were transported back in time and experienced the chumash story for ourselves...with an amazing climax: Yaakov Avinu himself made an appearance (with furs and mataamim of course!) just as we were wondering how it was all playing out! We prepared for our chumash test with lots of fun activities, and the results are fabulous! On Chof Teves we designed adorable and meaningful 'doctor bags', and we moved right on to Reporting Live about Chof Daled Teves. Whoever thought that Teves wasn't such a happening month? We barely have enough time to squeeze everything in! Mrs. Rabiski



This week began with a fun Chazara day with some close competition! The girls enjoyed reviewing using competitive and interactive games. Getting right back into learning after the test, the girls were excited to recognize the words of Yitzchaks Bracha from Viyeitan Lecha. Remember the challenge, girls! In preparation for Chof Daled Teves we discussed the sequence of events which led to the downfall of Napoleon. The girls came up with beautiful ways of how they can learn from the story of R' Moshe, putting מוח שליט nto play. Mazel tov Leah and Shana for passing a Tfilloto level! Miss Goldberg



Grade 4

Mazal tov to Kita Daled on their siyum on Parshas Vayeishev! The girls decorated cakes to represent scenes from the Parsha, played a Bingo game, and enjoyed some goodies connected to the Parsha. From the dreams of the butler and baker... Diving right into Parshas Mikeitz and Parao'h's dreams. Dramatizing the dreams was an experience! It's so gratifying to see how much lashon haposuk we are able to figure out based on our past and developing skills. Doda Dikduk visited this week from Colorland to help us learn the "Tzvaim"-colors- in Hebrew. The 18-day Ahavas Yisroel challenges keep us on our toes, and it is such a rewarding experience to be both the "giver" and the "accepter" of such positive interactions/words. Even being the taker is a chance to strengthen connection! Check out those friendship bracelets and message balloons! Mrs. Zaltzman



You may have seen lots of biomes in a box coming into school. They all look amazing! We're pushing forward in multiplication drills and we can see how much faster we're getting already. Mazel tov to star of the week, Chaya Mushka Ceitlin. Mrs. Doron



Grade 5

We are preparing for Yud Shvat by learning שבאנו לגני. We are attempting to learn as much as we can as well! We finished another perek in Chumash and Navi and prepared for the tests through fun games, חבורות learning and a skit! Have a great Shabbos! Mrs.

Zaiontz

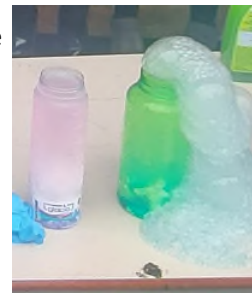


Junior High

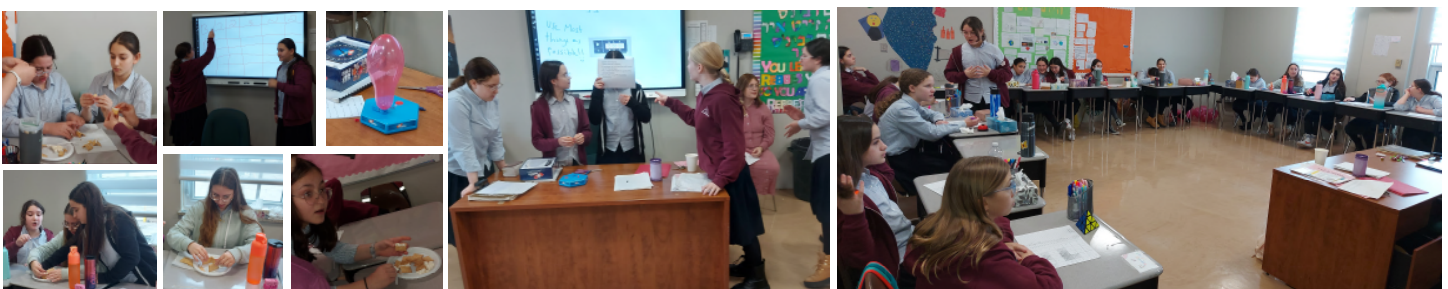
After working hard for two weeks on our surveys and graphs projects on poster boards or booklets, it was time for Grade Six to present their findings. From what's your favourite shoe/colour/soda/candy/brand/activity/sport/place/sushi/animal to what colour hair do you have and how do you eat breakfast, we definitely enjoyed ourselves:) Mrs.Pugen



Grade 7 recently completed our Chemistry chapter on changes of states of matter. We basically always knew that ice turns into water with a change of temperature. That change is called melting....but what happens and what's it called when dry ice has a change in temperature? You can ask Grade 7! We learned about it and even did an intriguing experiment demonstrating it. We're looking forward to what we are learning next:) [Please note that dry ice needs to be handled in very specific and safe ways as not to burn one's hands. It's frozen co2 and should be kept out of reach from children.] Mrs. Pugen



Mazal tov to 7th Grade for finishing Parshas Bamidbar! We celebrated with an exciting Siyum on Tuesday. The girls worked beautifully together preparing games on the Parshah. We played Bingo, pop the Balloon to answer a question, and another balloon game to see how well the girls remembered the Parshah. We made tents out of biscuits and marshmallows and got to watch a short skit. The girls were treated to special treats from Tovli! We went straight into Parshas Nasso, and have finished learning about all the jobs of the Levi families. Stay tuned for Perek Hey BezH starting next week. Mrs. Zaltzman



M'chayil El Chayil

Tip of the Week How to Motivate our Girls

Motivating students is an age-old question. In his book *Drive: The Surprising Truth About What Motivates Us*, Daniel Pink fascinatingly explains that research has shown that superficial rewards aren't as effective as we have come to believe. As much as we throw at our girls; money, electronics, special treats, etc., aren't lasting motivators. Rather, Mr. Pink goes on to explain, it's **autonomy, mastery, and a sense of purpose** that really get our motivational juices flowing.

So how can we as parents and educators help our girls find their internal drive? It's not a simple proposition! Reframing our thinking on student motivation isn't a quick fix, but it is a paradigm shift with lasting impact. Following Pink's hypothesis, if we focus on teaching our girls *how to learn and guide them to set short, attainable goals along their ride to achievement*, we will be providing them with the foundational tools they need to gain autonomy and mastery, and find a deeper purpose to their schoolwork. In time, they will become innately motivated students. **It starts with a willingness to reframe our thinking on what truly motivates our students and follows with a commitment to strengthen their executive function skills.** Never underestimate the time invested on working on executive function skills!

Hatzlacha!

Thank you,
Mrs. Gabay

I'd like to wish the BCM family a Gut Shabbos!

Rabbi Vidal